what happens if you eat 3 eggs a day

Today we're going to talk about why you should consume three to four eggs every single day. Now I will say that eggs are an extraordinary topic and believe me I'm not an extremist with eggs but I do consume eggs every single day. So before I dive in the topic if you have even the slightest hesitancy about eggs because of cholesterol you can take that idea and just get it out of your head because eggs in no way, shape or form have ever created a cholesterol problem. So, that was a lot of propaganda. I'm going to put some new research down below in the description if you have any hesitancy whatsoever. But what I really want to dive into right off the bat is why is an egg so special? Why is it so different than other types of protein like meats or fish? First of all, when you're eating animal protein in general, you're eating the muscle part. The muscle is responsible for contraction and relaxation and movement. But the egg doesn't do that. Okay? It's something that's going to turn into a chicken. So, let me just explain the difference as far as protein. Eggs have the highest biological value as far as protein. What the heck does that mean? It means that it absorbs the most protein in your tissues. Absorption. Egg is at the top of the list. The second point is when we're talking about protein, why do we need protein? Generally, we need it to build muscle. like tendons, ligaments, joints, etc. But we also need it for repair because our bodies are constantly repairing our protein structures. Does it have any other purposes? Yes, it does. It helps you build hormones. It helps build enzymes to allow biochemistry to occur. But protein can also be used as a fuel source. But now let's just compare and contrast regular meat and egg protein for that. When you consume animal meat or fish, I'm talking about the muscle part. You could only use between 10 and 20% of that for fuel. Okay? Now, if you actually have a fatty piece of meat, well, you can use that fat for fuel, but I'm talking about just the protein itself. At the max, you can only use 20% of that as fuel. Okay? Now, what about egg? Well, the egg has the egg yolk, and that's a lot of fat. That can be used as fuel. So, another If we take a look at the entire egg, 65% of that egg can be used as fuel. And that also relates to people uh that are eating more lean meat. They're not going to be able to use as much of that for fuel. You know, there's experiments where people lived on rabbit meat, which is extremely lean, and they got really sick, and some of them even died.

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Because of the problem with the fuel, you can't live 100% on protein. So, the egg has some serious advantages over other types of proteins. I mean, you could literally live on eggs for the rest of your life and be pretty healthy. But that is not all. This egg has some additional things that meat doesn't have. It has a lot more protection. Okay, what do I mean by protection? Well, in this egg, you have all sorts of anti-icrobial proteins. This is in the white part. What do I mean by antimicrobial? I mean things that can actually kill off bacteria. The egg white also has some things in there that can lock up iron, but also it can lock up vitamin B7, which is biotin. Now, I don't know if you ever heard that if you consume the raw egg white, there's something in there that can actually deplete you of biotin. I don't know if you've ever heard that before, but weightlifters sometimes would consume a whole bunch of raw eggs in a shake and drink that. And some of them were getting a biotin deficiency. But of course, if you heat up the egg white and you cook it, uh, that thing goes away. So, you don't have to worry about eggs depleting biotin. But the point is that the reason why that compound is in eggs in the first place is that certain pathogens depend on biotin. And if you can lock that up, you can eliminate the bad bacteria. Again, another defensive protective purpose of the egg. Also, eggs have all of the essential amino acids, including leucine, which is the key amino acid that helps build muscle. Eggs also are the second highest source of choline, which is a B vitamin. Choline is really good to prevent a fatty liver. It's also something that makes up your bile to help you digest fats. And it's also really bene icial for those people that have a genetic problem that can help repair DNA damage. Now, I'm going to give you a new word that you may have not heard about what's called methylation, which is basically something in your body that can help DNA repair, detoxification, and also something to help make neurotransmitters. And the only reason I'm bringing this up is that a lot of people have a genetic issue with this.

And so they can have problems if they don't get enough choline, if they don't get enough natural B12, which is in the egg, and they don't get enough folate, which is also in the egg. So in other words, a lot of people that have a genetic problem with this are going to get enough choline, and they're going to benefit from that. In fact, with my genetics, I found that I

have a problem absorbing choline and this is why eggs are really good for me. Another thing that eggs have, very powerful antioxy Oxidants called luteine and zeazanthin are concentrated in the retina of your eye to act as a natural protection against ultraviolet light as well as blue light that can destroy certain parts of the eye. So for example, if we take this eyeball right here and we open it up right here, in the back part of that eye, okay, I don't know if you can see this. In the back part of the eye, you have the retina and that is an extension of the brain. that has these cells that pick up information and push it back into the brain. We need a super high concentration of luteine and zeazanthin to protect those cells and also to be able to see in dim light. So these are very very important and eggs will give you these things. But it's not just good for the retina, it's also good for the other parts of the brain as well to help with concentration, memory, learning, etc. All right, what else does an egg have? Well, it has these interesting things called phospholipids. Again, I don't want to give you a bunch of big words. This is something that helps the membranes of your brain and other tissues to allow you to have really good cognitive function. Also, there's something in your eggs that actually mimic an ACE inhibitor which lower blood pressure because of this thing right here. Egg also has vitamin K2 to transport calcium and keep it out of the soft tissues, the joints, the kidney and the arteries and push that calcium into the teeth in the bone. Okay, that's K2.

The Incredible, Edible Egg: A Guide to Its Powerful Nutrients

For decades, the humble egg has been at the center of nutritional debates, particularly around cholesterol. It's time to set the record straight: the idea that eggs are a problem for cholesterol is based on outdated propaganda, and modern research fully supports their place in a healthy diet. To truly appreciate the egg, we must first understand what makes it so fundamentally different from other animal proteins like meat or fish. When you eat meat, you are eating muscle tissue, which is primarily designed for movement. An egg, however, is something else entirely—it contains all the building blocks necessary to grow into a complete living organism. This unique purpose makes it an unparalleled nutritional powerhouse. To begin unpacking the egg's incredible value, there's no better place to start than with its most famous component: protein.

The Gold Standard of Protein

Egg protein is often considered the benchmark against which all other proteins are measured. This is due to a concept known as **Biological Value**, which simply means that the protein in eggs is the most easily absorbed and utilized by the human body for its own needs. Your body doesn't just need protein; it needs it for a wide range of critical functions.

The high-quality protein in eggs serves several primary roles:

- **Building and repairing tissues:** This includes everything from our muscles to our tendons, ligaments, and joints.
- **Creating essential hormones:** Hormones act as messengers that regulate countless bodily processes.
- **Making enzymes:** Enzymes are catalysts that allow all the biochemical reactions in our body to occur efficiently.
- **Fueling muscle growth:** Eggs contain all the essential amino acids, including `leucine`, which is a key amino acid for building muscle.

Beyond these structural roles, the components of an egg can also be used as a source of energy. This is where the whole egg has a significant advantage over lean animal protein. While pure protein offers limited fuel potential, the egg's combination of high-quality protein and the energy-dense fats in its yolk means a much higher percentage of the *entire food* can be converted into fuel for your body.

Food Source	Percentage Usable as Fuel
The Whole Egg	65%
Lean Meat/Fish	10-20%

While its protein is exceptional, the egg's benefits extend far beyond muscle and energy. It is also packed with remarkable nutrients that are vital for the health of our brain and eyes.

Essential Nutrients for Your Brain and Eyes

Eggs are a concentrated source of specific nutrients that directly support cognitive function and long-term vision health.

Choline

Found abundantly in the egg yolk, choline is a B vitamin, and eggs are the second-highest source available in our diet. It performs several critical jobs that are especially beneficial for people with certain genetic predispositions. Its key functions include:

1. **Prevents a fatty liver.** Choline is essential for transporting fat out of the liver.
2. **Helps make bile.** Your body uses bile to properly digest the fats you eat.
3. **Supports DNA repair and detoxification.** Choline is a key player in a process called methylation, which is vital for repairing DNA, supporting your body's detoxification pathways, and even creating crucial neurotransmitters for brain function.

Lutein and Zeaxanthin

These two powerful antioxidants, also concentrated in the yolk, accumulate in the retina of your eye, where they act as a natural defense system against damaging UV and blue light. Their benefits are profound for both vision and cognition:

• Protects the delicate cells in the retina from damage.
• Improves your ability to see in dim light.
• Supports key brain functions like concentration, memory, and learning.

Phospholipids

The egg yolk also contains fats called **phospholipids**. These are crucial components of the membranes surrounding your brain cells, helping to maintain their structure and support overall cognitive function.

These well-known vitamins and antioxidants are just part of the story. Eggs also contain a suite of unique compounds that offer hidden protective benefits.

The Egg's Hidden Health Heroes

Beyond the macronutrients and famous vitamins, eggs provide lesser-known but equally important compounds that contribute to your overall health.

• **Vitamin K2:** Found in the yolk, think of Vitamin K2 as a "traffic cop" for calcium. Its primary job is to direct calcium into your bones and teeth where it belongs, while actively keeping it out of soft tissues like arteries and joints where it can cause problems.
• **Natural ACE Inhibitor:** Eggs contain compounds that mimic the function of ACE inhibitor medications, which are prescribed to help lower blood pressure.
• **Antimicrobial Proteins:** The egg white has a built-in defense system. It contains various antimicrobial proteins that can kill harmful bacteria. This is also why raw egg whites contain a compound that binds to the vitamin biotin—it's a mechanism to starve certain pathogens that depend on it. Don't worry, this effect is completely deactivated when you cook the egg.

Why Eggs Are a Nutritional Superstar

From their perfectly absorbable protein to their brain-boosting and vision-protecting nutrients, eggs are a true nutritional superstar. They are far more than a simple breakfast food; they are a complete package designed by nature to build and sustain life, offering a unique combination of benefits that are difficult to find in any other single food.

Here are the top three reasons eggs are such a powerfully healthy food:

1. **Superior Protein:** Your body can absorb and use its protein better than almost any other source for building, repair, and even fuel.
2. **Brain and Vision Support:** They are rich in Choline, Lutein, and Zeaxanthin, which protect your eyes and sharpen cognitive functions like memory and concentration.
3. **Unique Protective Nutrients:** Eggs provide special compounds that support everything from heart health (blood pressure) and bone health (Vitamin K2) to defending against microbes.

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Discussion of Source: Excerpts from "Download (4).mp4"

The nutrients found in eggs provide significant benefits, particularly relating to cognitive function, visual protection, and mineral distribution within the body. Eggs are a source of choline, natural Vitamin B12, and folate. These nutrients are especially beneficial for individuals who have genetic challenges with absorption, such as those who have difficulty absorbing choline.

Eggs are rich in **lutein and zeaxanthin**, which are potent antioxidants. These compounds are critically concentrated in the retina of the eye. Their primary role is to act as a natural defense mechanism, protecting against damage caused by both ultraviolet light and blue light. The retina is scientifically categorized as an extension of the brain, containing specialized cells that collect visual data and relay it back to the brain. A very high concentration of lutein and zeaxanthin is essential to safeguard these retinal cells and is also necessary for the ability to see clearly in dim light. Beyond retinal health, these components are also valuable for the rest of the brain, supporting functions such as concentration, memory, and learning.

Furthermore, eggs contain specific compounds known as **phospholipids**. These phospholipids are vital because they support the health and structure of the membranes in the brain and other tissues throughout the body, thereby facilitating good cognitive function.

Eggs also possess substances that mimic an **ACE inhibitor**, which is a mechanism known to help lower blood pressure. Another essential nutrient found in eggs is **Vitamin K2**. The function of Vitamin K2 is to transport calcium. Specifically, K2 ensures that calcium is kept out of soft tissues—including the joints, kidneys, and arteries—and instead directs that calcium into the teeth and the bone structure.

Discussion of Source: Excerpts from "Download (6).mp4"

Eggs offer several advantages when compared to other sources of protein. It is important to remember that relying solely on protein for 100% of your diet is unsustainable due to issues concerning fuel. However, eggs are so nutritious that a person could potentially live on them for their entire life and still maintain reasonably good health.

Eggs provide specific forms of protection that are not present in meat. For instance, the egg white part contains various **anti-microbial proteins**. These are substances capable of killing off bacteria.

Additionally, the egg white contains compounds with defensive protective purposes. These compounds can bind to and lock up iron. They can also lock up **Vitamin B7, or biotin**. Historically, consuming raw egg whites has been associated with depleting biotin levels, potentially leading to a deficiency. However, this issue is mitigated by cooking the egg. When the egg white is heated, the compound responsible for depleting biotin is deactivated. The rationale behind the egg containing this biotin-binding compound is defensive: certain pathogens rely on biotin for survival, and locking it up serves to eliminate bad bacteria.

In terms of muscle building, eggs contain all of the **essential amino acids**. This comprehensive profile includes leucine, which is recognized as the key amino acid crucial for helping to build muscle mass. Eggs also stand out as the **second highest source of choline**, which is classified as a B vitamin. Choline serves multiple critical roles in the body: it is highly effective at preventing a fatty liver, it is a component used to create bile needed for digesting fats, and it is significantly beneficial for individuals with genetic issues, as it aids in the repair of DNA damage. Choline is associated with supporting the process of **methylation** in the body. Methylation is a physiological process that assists with DNA repair, detoxification processes, and the creation of neurotransmitters. This function is particularly relevant because a large number of people face genetic challenges related to methylation.

Discussion of Source: Excerpts from "Download (7).mp4"

A recommendation is often made to consume approximately three to four eggs daily. A key point to understand is that eggs have been mischaracterized regarding cholesterol. You should disregard any apprehension regarding cholesterol, as eggs have conclusively been shown to not cause a cholesterol problem. The idea that eggs create cholesterol issues was largely based on propaganda.

The reason the egg is so unique compared to proteins like meat or fish stems from the purpose of the tissue consumed. When animal meat is consumed, you are eating the muscle tissue, which is primarily responsible for relaxation, contraction, and movement. The egg, conversely, does not serve this muscular function; it is biological material designed to develop into a chicken.

When evaluating protein quality, eggs possess the **highest biological value**. This "biological value" indicates that the body absorbs the greatest amount of protein into its tissues when compared to other sources, placing the egg at the very top of the absorption list.

Protein is fundamentally necessary for several bodily functions. It is required to build tissues such as muscle, tendons, ligaments, and joints. Furthermore, the body is constantly repairing its protein structures, making ongoing protein intake essential for repair. Protein also plays roles in manufacturing hormones and building enzymes, which are necessary components that enable complex biochemistry to take place within the body. Protein can also serve as a source of fuel.

However, the efficiency with which protein is used for fuel differs dramatically between meat and eggs. When consuming the muscle part of animal meat or fish, only between 10% and 20% of that protein can be utilized as fuel, even at maximum efficiency. While fat from a fatty cut of meat can be utilized for fuel, the protein content itself has limited fuel utility. In contrast, if the entire egg is considered, including the egg yolk which contains fat, up to **65% of the egg can be used as fuel**. This difference highlights why consuming very lean meats can be problematic; experiments involving diets based solely on extremely lean meat, such as rabbit meat, have resulted in people becoming seriously ill, with some even succumbing to death.

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